



# *The Compassionate Friends*

## *Marin County Chapter*

### **Supporting Family After a Child Dies**



**March—April, 2022 ISSUE**

**Vol 43, No. 2**

**#1184**

This issue of the TCF Marin Newsletter is sponsored by love gifts from our members.

#### **Chapter Leader:**

Eileen Rusky  
erusky@gmail.com

#### **Facilitator:**

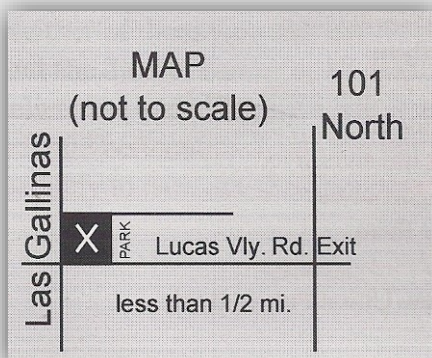
Mark Rosengarden

#### **TCF Marin Monthly Meetings:**

Group meetings are normally held on the third Monday of the month from 7:30 p.m. to 9:00 p.m. at the Hillside Church at Lucas Valley.

2000 Las Gallinas Avenue  
(at Lucas Valley Road)  
San Rafael, CA

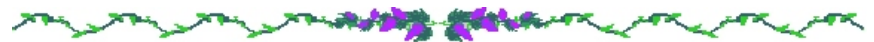
**First time attendees** are encouraged to arrive at 7:00 for orientation. All attendees arriving before 7:00 p.m. are asked to sign in and be seated in the lobby until the meeting room is ready. The TCF Newsletter and informational pamphlets will be displayed for attendees to browse.



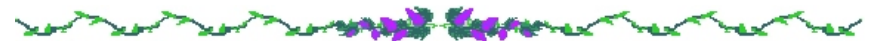
#### **FORWORD to this edition and note from the editor:**

We are once again holding our usual monthly support meetings at the Hillside Church in Terra Linda. Attendees must show proof of Covid-19 vaccination and a picture ID. Facemasks are required. April's meeting will be on the Monday after Easter.

Please let us know if you are not receiving periodic email information or if your email address is not on our contact list. We will add you to the list. Thank you for your continuing support.



When the body sinks into death, the essence of man is revealed. Man is a knot, a web, a mesh into which relationships are tied. Only those relationships matter . . . — Antoine de Saint-Exupery



#### **HEART CONNECTIONS – LONG-TIME GRIEF**

The immediate time after a significant death is terribly painful in a raw, debilitating, and all-encompassing way. Others who witness our journey may feel and comprehend just a fraction of what we really experience. As more years pass, our experience of grief changes, yet we don't love or miss our child, sibling, or grandchild who died any less.

The ten-year anniversary of my son Connor's death will come in several months, and I'm already feeling the weight that this significant anniversary brings. Even more lengthy, however, is the amount of time I've been a bereaved sibling. I've lived over 4 decades since the death of my youngest sister, Patti. When I say this amount of time out loud, it seems impossible. My parents are very senior now, and we are in the process of helping with living transitions that include cleaning things out from a past containing so many decades lived after child loss.

After our sibling, child, or grandchild dies, all our subsequent experiences are filtered through this life-altering change. As I've encountered these many years of living that are framed through childhood bereavement for



#### **Meeting Calendar**

##### **Third Monday of the Month:**

Monday, March 21, 2022  
Monday, April 18, 2022  
Monday, May 16, 2022  
Monday, June 20, 2022



## TCF RESOURCES:

### *The Compassionate Friends, Marin County Chapter*

P.O. Box 150935  
San Rafael, CA 94915  
www.tcfmarin.org  
tcfmarin@gmail.com  
<https://www.facebook.com/groups/36595597804>  
Info: Eileen Rusky (415) 457-3123

### *TCF San Francisco and Peninsula Chapter*

Meets: 2nd Wednesday  
Taraval Police Sta. 2345, 24th Ave  
Contact: Audre Hallum  
650.359.7928, cwhallum1@mac.com  
Co Leaders: Meg Cunningham, Doug Cameron

### *TCF Sonoma County Chapter*

tcf.sonomacounty@gmail.com  
(707) 490-8640

### *Northern CA Regional Coordinator:*

Nancy Juracka  
nancy\_juracka@yahoo.com

### *TCF National Office:*

P.O. Box 3696  
Oak Brook, IL 60533-3696  
Phone: (630) 990-0010  
Toll Free: (877) 969-0010  
Fax: (630) 990-0246  
Email: nationaloffice@compassionatefriends.org  
www.compassionatefriends.org

### *Additional Support Sites*

opentohope.com  
survivorsof suicide.com  
griefspeaks.com

### *Other Grief Counseling Resources*

Hospice by the Bay offers individual and group grief counseling.  
Free monthly drop in 1st Thursday 11am-12pm 17 E. Sir Francis Drake, Larkspur.  
Marin and SF (415) 526-5699  
Sonoma (707) 931-7299  
Email: griefsupport@hbtb.org  
Website: www.hospicebythebay.org

### *North Bay Grief Recovery in San Rafael*

www.NorthBayGriefRecovery.com  
Ph.: 415-250-3027

[LINK TO WEBSITE](#)

### *American Foundation for Suicide Prevention*

www.afsp.org Ph.: 707.721.4062

me, and child loss for my parents, my experience is that loss grows in some ways over the years, rather than diminishes. For example, at every significant event in life, such as births, graduations, moves, deaths, marriages, etc., we are missing someone who would have been integral to those experiences. I had fewer sisters to walk with me through all those events. Even decades later, it doesn't escape my notice and reflection when relatives or friends from my childhood experience their significant life events with all their children and siblings. Many years of living that are framed through childhood bereavement for As the number of years that we are bereaved becomes quite high, our grief is more internal. Our grief hasn't stopped and the hard work of incorporating our loss over a lifetime doesn't end, but it may get more private. We may live in ways that honor our child, grandchild, or sibling while we still wish that it could have been different.

Outsiders sometimes think that parents or siblings who have endured many decades of loss have left that life in the past because so much time has gone by. Just because the pain and processing are more internal, doesn't mean that we've left our loved ones in the past. Our love and longing remain.

If you are a long-time seasoned griever, know that your pain is seen, recognized, and acknowledged. Long-term grief is one of the reasons people stay connected to The Compassionate Friends over many decades. For those who may know a long-time seasoned griever, be sure to give an extra hug and a caring acknowledgment to them, for we know what it takes to carry loss and grief over the extensiveness of a lifetime.

SHARI O'LOUGHLIN

---

## Another "First"...The First TCF Meeting

Here we are again, at the start of another year. Another year that we brought in without our beloved children as a part of. For many of our members, it will be the beginning of those dreaded "firsts" without their child, brother, sister, or grandchild: the first birthday, the first anniversary of their death; the first holidays such as Valentine's Day, Easter, and the agonizing blitz starting with Halloween and ending with New Year's Day. Or the unexpected firsts such as the first phone call to your home perhaps from a tele-marketer who innocently asks to speak to your child. To say that the many "firsts" that we are confronted with are difficult would be a gross understatement.

However, I would like to share with you a "first" that, for me, was been a lifesaver. That would be the first time I went a TCF meeting, which I attended approximately three weeks after Nina died. I remember after I heard that there was such a group specifically for bereaved parents, I counted the days until that meeting. I desperately needed to be around other people who felt the same devastation as I did. I needed to see that there were others who weren't going on about their daily lives as if nothing happened. I knew somewhere there must be other parents who could comprehend how hard it was to get out of bed in the morning and start another day without their beloved child. Those anxiously waiting for their child to come through the door, hoping that it had all been a bad dream, only with the sobering realization that it was not.

However, even though I eagerly awaited that first meeting, when that day actually came I began to feel apprehension, for a number of reasons. I suddenly realized that I really had no idea of what to expect. Rather than feel camaraderie with these other parents, would I feel worse after I heard their own tragic stories?

When I pulled into the parking lot of the meeting place, I sat in my car for what seemed like forever. When I finally made the decision to go inside, I trudged up the sidewalk and saw the sign on the door that said, "The Compassionate Friends Support Group" and suddenly my legs felt as if weighted with concrete. Ever since the day I became a mother, my daily prayers included telling God that he could do whatever he wanted with me, but please don't ever let anything happen to my children. By entering through that door and going to that meeting I was acknowledging that I now was eligible to be part of a group of people that I had hoped never to

be a part of...the reality was that I was now one of "them."

I remember my heart pounding as I dragged myself into that meeting room. It wasn't long before my fears were calmed. Continued Page 7

## Carol's Corner

by Carol Kearns, PhD  
author of "Sugar Cookies and a Nightmare"



### Columns for The Compassionate Friends

I have found great solace volunteering for The Compassionate Friends, a hard-working group that supports families seeking "the positive resolution of grief following the death of a child" ([www.compassionatefriends.org](http://www.compassionatefriends.org)). My columns discuss topics of continuing concern in the Marin County CA newsletter. Please visit my newly updated website at [www.carolKearns.com](http://www.carolKearns.com). - Carol

#### Suicide and Loss

I was asked the question, "What do you tell parents who have suicidal thoughts after their child dies?" As you all know, the death of a child is one of life's greatest pains. I think the only pain greater is losing more than one child, and too many of you parents have. When filled to the brim with pain, we may feel the only way to get rid of the pain is to get rid of ourselves. We can't imagine living without our child. Suicide may seem like the only option when the light at the end of the tunnel is either nonexistent or very dim. A suicidal person's perspective on life can narrow to the extent that she feels she has nothing to offer. The world is better off without her.

I remember well those suicidal feelings after my daughter Kristen's death and mention in my book how, when taking a bubble bath, I wanted to slip under the water and disappear. Exhausted from the pain, I saw this as an easy solution. Thank goodness an equally strong feeling overtook me: I could never do this to Michel, my son who was nine at the time. He had just lost his sister. He didn't need to lose his mother.

Still, living a life of pain would be like living a death. That wasn't an option. The only option was to somehow turn the pain into something meaningful.

This is the challenge we each face as bereaved parents if we are to live a life of meaning. Grief demands patience and a trust that we will find a way through. As impossible as this feels, we must try to reach deep within ourselves beyond the pain to the gifts our child gave us. Even in infant deaths, our babies gave us one of the greatest of gifts. They gave us love. We need to use the power of this love to create their legacy. Suicide robs them of that.

We do not "get over" the loss of our child. We will never be the same. We will always miss them but, with the right support, we can recover from the anger, sadness, isolation and despair that threatened to devastate us. We heal and often become a better, stronger person.

From The Compassionate Friends to MADD, many wonderful organizations began with the death of a child. Great art, literature and music were created out of grief and have benefitted us all. The late Elisabeth Kubler-Ross, who pioneered the field of grief and loss often said, "Remember, the purest gold comes from the hottest fire." When you feel yourself giving into the desperate feelings of suicide, I challenge you to look for the gold. What will your child's legacy be?



#### If I Should Go

If I should go tomorrow  
It would never be goodbye,  
For I have left my heart with you,  
So don't you ever cry.  
The love that's deep within me,  
Shall reach you from the stars,  
You'll feel it from the heavens,  
And it will heal the scars.

**Author  
Unknown**



# Our Children Remembered

## March

Child	Dates	Bereaved
Lancelot Argall		Grier Argall & Jeanni Lang
Kristen Leigh Bonocore		Joseph & Phyllis Bonocore
Christopher Abram Bruce		Mike & Louise Bruce
Brian Jay Buckley		Merilee Rossi, Chris Valentino & Family
Tony Burger		Bob & Darlene Burger
Aura Celeste		Joshua Nagler
Damon Clark		Susan Radelt
Taylor Lynn Cohen		Michael & Gail Cohen
Travis William Cole		Kingston Cole
Oksana Collins		Susan Collins
Matthew Jason Comin		Marci & Mark Comin Comin
Bodi Cooper Ealey		Sarah Ealey, Eli Echelmeier
John Patrick Feeney		Lois & Dan Feeney
Neel Thomas Foon		Brad & Genie Foon
"Ryan" Stephan Fyles		Susan & Dale Fyles
Reneé Francesca Garcia		Bertlla, Carmen & Jose Armando Garcia
William Turner Gundry		Karen Gundry Smith & Frank Gundry
Ellen Marian Haas		Harold & Mary Haas
Jessica Marie Hildreth		Julie & Ed Taylor
Mark Hornor		Christa Kaufmann-Hornor
Christopher Robin Hotchkiss		Radha Stern
Matthew David Hubal		Bruce & Louise Hubal
Ian Emerson Jones		Nanette Biers
Gabriel Michael Kerekes		Martie Jean
Patrick Alan Kolsky		Alan & Linda Kolsky
Natalie Jane Kriebel		John Kriebel, Amy Holle
Alicia Scott Lee		Jon & Cathie Lee
Maximillian Letizi		Anthony & Terry Letizi
Erin Kathryn McEowen		Sandy McEowen
Alia Rose Jackson Mehta		Gail & Roy Jackson
Christopher J. Murphy, Jr.		Tina Smith
Amanda Jacqueline Noland		Cecile & Doug Noland
Emily Grace Panicacci		Scott & Jennifer Panicacci
Phillip E. Perry		Sue Hecht
Carolyn Reichling		Michelle Miller
James Aaron Rosengarden		Mark Rosengarden
Lara Rachel Rusky		Edward & Eileen Rusky
Dennis Howard Schonborn		Felicia Schonborn
Caleb Kalani Sears		Tim & Eliza Sears, Ann Bentley
David Paul Seregin		Sonya & Paul Seregin
Matthew Paul Seregin		Sonya & Paul Seregin
Flennis Anthony Simón II		Donna & Flennis Simón
Jess Stringer		Judy Stringer
Julian Ali Thomas		Fariba Thomas
Elizabeth Torlakson		Kathy Bodnar
Eloi Ivan Vasquez-Margolin		Wendy Margolin

"It is okay to release your feelings when you feel the waves coming. It's all part of the process of having to let go of your relationship with your loved one as you once knew it. And remember, letting go is not the same thing as forgetting!"

— Elizabeth Berrien, Creative Grieving: A Hip Chick's Path from Loss to Hope

# Our Children Remembered

## April

Child	Dates	Bereaved
Jonathan Adkisson, Jr.		Anne & Jonathan Adkisson
Eric Tyler Anderson		Bill & Liz Anderson
Barbara Ann Balesteri		Mary Balesteri, Harry & Josie Ewing
Meredith Kathryn Emma Bates		Laura & John Pattillo
Sylvia Chantal Bingham		Francoise Blusseau & Stephen Bingham
Sean Stephen Bourke		Beryl Bourke
Laura Alicia Bruce		Mike & Louise Bruce
Seána Canavan		Tonia & Sean Canavan
Matthew David Cevallos		Moe & Gloria Cevallos
Blake Coffman		Ellen & Fred Coffman
Kevin C. Craft		Debbie & Curtis Craft
Bradley Leroy Epperson		Kristine Epperson
Jacob Samuel Freeman		Michael Freeman & Lisa Klairmont
Jessica Marie Hildreth		Julie & Ed Taylor
Alexandra Hopping		Mark & Kathryn Hopping
Charli Mae James		Samuel Davis-Flake
Kristen Michele Kearns		Dr. Carol Kearns
Joanne Rae Kline		Donna & Sylvan Kline
Ryan W. McKnight		Bob & Leesa Tuley
Peter McLaughlin		Eve Pell
Sean Michael Morgan, Jr.		Sean & Claire Morgan
Anthony Dino Nay		Bob & Diana Nay
Kevin Connor Olaeta		Lonnie Olaeta
Anthony Joseph Rios		Barb Curtice
Steven Rodriguez		Rafael & Alex Rodriguez
Carrie Jean Esler Rollison		Judith Esler
Benjamin Rosenthal		Robert Rosenthal
Anthony Salvatore Santa Maria		Pam Santa Maria
Benjamin P. Scheuenstuhl		Maureen & Heinz Scheuenstuhl
Ellen Alexandra Scott		Carol Scott
David Paul Seregin		Sonya & Paul Seregin
Matthew Paul Seregin		Sonya & Paul Seregin
Marc Paul Seregin		Sonya & Paul Seregin
Robbie Severdia		Deedee Severdia
Zackary Spencer Stuart		Michelle Stuart
Meghan Rae Teresi		James Teresi & Lynda Cardwell
Karl Ingemar Thunstrom		Avghi & Bert Thunstrom
Aurora Alice Turnbaugh		Sandra Maxwell & Kevin Turnbaugh
Jesse R. Venegas		Brent R. Venegas
John Elliot Vipiana		Lisa Vipiana, John Vipiana
Benjamin von Sternenfels Rosenthal		Inka von Sternenfels
Phoebe Stewart Washer		Drew Washer, David Washer
Brittney Marie Weaver		Janine Schengel
Craig Weldon		Lee Weldon
Brekhus Alan Williams		Catherine & Scott Williams

We can endure much more than we think we can; all human experience testifies to that. All we need to do is learn not to be afraid of pain. Grit your teeth and let it hurt. Don't deny it, don't be overwhelmed by it. It will not last forever. One day, the pain will be gone and you will still be there. -

**Harold Kushner : When All You've Ever Wanted Isn't Enough**



## Love Gifts

Love Gifts are "messages" published in our newsletter that honor children who have died. We are grateful to parents, grandparents and others who, by their Love Gifts donations, allow us to offer resources such as the Annual Candle Lighting Event, the newsletter, books, brochures and pamphlets at no cost to assist bereaved families. They also allow us to provide information to professionals and others who impact the lives and feelings of the bereaved. The donation amount is your choice.

### **The following love gifts were received for March/ April:**

#### **We received a sponsor for March/ April:**

Sponrros are Sandy and Bill Mixsell  
In memory of Brian Mixsell

#### **We received donations for a new Candle Lighting video project from the following:**

Benjamin Bloodsworth/Stephen Etling  
Stephen Bingham/Francoise Blusseau  
Liz and Raymond Anderson  
Sandra McEowen

#### **The following love gifts were unfortunately too late for the January/February issue:**

Donor/s: Rob Jacobs  
Child: Stefanie Jacobs  
Dates: 5/26/87 - 1/10/97  
"Forever in our hearts - Missing you Always"

Donor/s: Patsy Wilhelm  
Child: Gregory B. Wilhelm  
Dates: 12/7/83 - 1/29/17

#### **We also received the following love gifts for March & April:**

Deadlines for Love Gift information for Newsletters:

Jan/Feb issue	Dec. 15	Jul/Aug issue	Jun. 15
Mar/Apr issue	Feb. 15	Sep/Oct issue	Aug. 15
May/Jun issue	Apr. 15	Nov/Dec issue	Oct. 15

Donor/s: Deborah Brumbaugh  
Child: Jacob Brumbaugh  
Dates: 9/13/86 - 2/17/11

Donor/s: Brad & Genie Foon  
Child: Neel Thomas Foon  
Dates: 5/29/98 - 3/28/17

"Dear Neel: On this 5 year anniversary we send you our continued love and hope that wherever you travel in this universe you know we are here, still loving you and missing you. 5 years is a long time but your smile and voice are still fresh in our minds and your music lives on through your friends and colleagues. You are loved and remembered by many. Be well dearest Neel."

Donor/s: Moe & Gloria Cevallos  
Child: Matthew David Cevallos  
Dates: 4/27/70 - 12/28/06

"We miss you every day and remember your great smile and big hugs. Love, Mom and Dad."

Donor/s: Inez von Sternenfels  
Child: Benjamin Rosenthal  
Dates: 4/12/93 - 8/19/19  
'You are always here. Beloved Bim."

**The following additional donation from the Purple Lady/Barbara J Meislin Donor-Advised fund was made to the Georgia Alioto Memorial fund to develop our leadership group and provide conference support.**

"In memory of the Purple Lady's beloved daughter, Little Lady Lori"

### **Love Gift Form:**

Child's name \_\_\_\_\_ Donor's name \_\_\_\_\_

Child's Birthdate & Anniversary Date \_\_\_\_\_

Newsletter month \_\_\_\_\_

Message \_\_\_\_\_

Include your name, address and phone # if not on check in case of questions:

\_\_\_\_\_  
\_\_\_\_\_

Mail the information above along with your donation (check) made payable to TCF/Marin  
to: TCF/Marin c/o Love Gifts, P.O. Box 150935, San Rafael, CA 94915.

The lady who greeted me at the door gave me a comforting hug. After hearing my story, she led me to another woman who had lost her daughter suddenly in an accident just as I had and I knew, for the first time, I was not alone. All the parents went around the circle and introduced themselves and their child; some had been there as long as ten years. Some were even laughing! I thought to myself, these people couldn't have lost a child, for I knew that I would never laugh or find joy in living again. I remember having conflicting feelings. I thought that they must not have loved their child as much as I loved my daughter. On the other hand, maybe this was a hopeful sign, for of course they loved their children too. Maybe this meant that I too would survive the "worst loss", that I too would find reasons to laugh and smile again.

It didn't take me long to realize why there were still people who had been there for so many years. It wasn't because they still needed the support of TCF, but they were there to give support back to the newly bereaved, showing them that there was still life after the death of a child. I will be forever thankful for those compassionate friends who helped me take those first wobbly steps down the grief road and continued on that journey with me.

I left that meeting wishing that I could go back again the next day, and the day after that. I felt safe there; I felt understood there. I didn't want to leave that protective cocoon of understanding and go into the outside world that did not recognize that the world, as I had known it, ended when my precious daughter died.

I am so glad that I took the chance that day back in that tumultuous spring of 1995 and walked through those meeting room doors. I have been doing the same ever since, rarely missing one. I have met people there whom I cherish and know will be lifelong friends. When I tell one of them I am having a difficult day, they don't chastise me, but rather understand the emotional roller-coaster ride of a bereaved parent and offer me their support. When they say, "I know exactly how you feel", I know that they truly do.

Years from now, I still plan to be there to greet that newly bereaved parent with an empathetic and reassuring hug, just as I had been welcomed six and a half years before. I know that I will look in their eyes and see the same hollow look mirrored in my own when I was newly bereaved. And I will be there to let them know that if I have survived the unthinkable, they will too.

With gentle thoughts,

Cathy Seehuetter  
TCF St. Paul, MN

## Ways I Know that Life Goes On

I know my life is moving forward because...

Today I moved the waterproof mascara to the back of my makeup drawer.

I didn't make any mistakes at work all day.

I slept all night through.

I remember her smile...and smile.

I drove home and didn't expect to see my little girl greeting me at the door.

I remembered where I left my car keys.

Someone asked me today if we were going to have another child, and I didn't get angry and change the subject.

The first holidays have passed, and I'm still here.

I haven't taken a pill to help me sleep in 12 days,

We've starting talking about another baby.

The knife in my stomach eases up sometimes.

Morgan's baby brother is due in July;

she's finally going to be a big sister!

It's June 23rd, the day after Morgan's

second birthday; I guess I made it through.

Our little boy was born today, and I cried tears of joy not sadness.

He has his sister's little pudgy nose.

Kimberly L. Rhodus

Bereaved Parent of Morgan Louise Hope Rhodus

## Spirit Gifts

Grief is such an individual journey. We are cast on its path without our consent, enveloped by a depth of pain we never dreamed existed. We all have times when despair and loneliness threaten to engulf us.

But we do have one companion on this lonely, unsought road: our child who died. I think there is never a moment in the day when a part of me is not connected to Philip, to our years together—and to our present relationship. Our journey through grief is a good-bye to the physical presence of our children, but it is never good-bye to their spirits and to the essence of their beings. Philip lives inside me now, and the same gifts he gave me when he was physically alive are still available to me through his spirit. In some ways, those "spirit gifts" are stronger, because they are contained and undiluted within me.

When the days get unbearably hard, when I think of all this wonderful young man missed by not getting to live out his life, I try to remember to focus on the present Philip, the one inside me. I try to integrate his gifts into my life, sometimes seeing through his eyes, thinking from his heart and mind. Often when I walk in the hills, I'll hear his voice: "Pay attention, Mom." (He noticed the details in nature so much more than I.)

No matter how old your child who died, the essence of this unique being remains within you forever. It is through us and others who knew them that our children continue to live and affect our present world. Though not in the way we hoped and expected, our beloved children are still alive.

...May the spirit of the child who lives so deep within your heart help you through this month and through every moment of the re-establishing of your life.

Catharine (Kitty) Reeve

Newsletter Editor, TCF Marin and San Francisco Chapters, CA

Reprint permission granted by author to TCF

In Memory of my son, Philip

## Circle

How do you bear it all?

The cry came from a mother

Whose son had died only weeks before.

We were in a circle, looking at her,

Looking around, looking away,

Tears in our hearts, in our eyes.

How do we bear it?

I don't know,

But the circle helps.

Eva Lager

TCF/Western Australia

(Eve's daughter Milya Claudia Lager died by suicide on 4 March 1990.)

I will instruct my sorrows to be proud;  
For grief is proud and makes his owner stoop  
To me and to the state of my great grief  
Let kings assemble; for my grief's so great  
That no supporter but the huge firm earth  
Can hold it up: here I and sorrows sit;  
Here is my throne, bid kings come bow to it.

--Shakespeare, King John, Act I





# *The Compassionate Friends*

## *Marin County Chapter*

### **Supporting Family After a Child Dies**

Non-Profit Org.  
US Postage PAID  
Larkspur, CA  
Permit No.41

The Compassionate Friends, Marin County Chapter  
P. O. Box 150935  
San Rafael, CA 94915

**MAR—APR, 2022**

Copyright © 2019 - All Rights Reserved  
The Compassionate Friends, Inc.

**Dated Material - Please Deliver Promptly**



### **A Painless Way to Support our TCF Chapter**

TCF Marin survives largely on generous love gifts throughout the year and at the Candle Lighting Ceremony in December. But there is another way to support TCF-MC that is easy and painless. That is, whenever you purchase something from Amazon, if you do so through Amazon Smile, .5% of the purchase price of selected items will be sent to TCF-MC automatically.

It's easy, it places no additional economic burden on you or your family and, when enough of us participate, it will add up and TCF-MC will be stronger and be able to provide more services.

It's simple. Here's how to do it.

To shop at AmazonSmile simply (1) go to [smile.amazon.com](https://smile.amazon.com). (If you have one, you can use the same account on [Amazon.com](https://Amazon.com) and [AmazonSmile](https://AmazonSmile). Your shopping cart, Wish List and other account settings are also the same.) (2) On your first visit to AmazonSmile, [smile.amazon.com](https://smile.amazon.com), (3) just select TCF-MC to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation. Eligible products are marked “Eligible for AmazonSmile donation” on their product detail pages.

